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BUSINESS



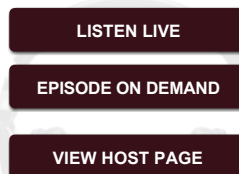
Innovating Leadership, Co-Creating Our Future
Tuesday at 11 AM Pacific
October 26th 2021: Recognizing & Managing Triggers in Challenging Situations

We recognize the many layers of stress we are under day-to-day, but by using the very simple tools of mindfulness that Janet Fouts will share can help us to be less reactive and more responsive to what life throws at us. When we are aware of ourselves, we have better opportunities to understand others, making us better leaders, communicators, and partners.



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Featured Guest



Janet Fouts

After 25 years as CEO of Tatu Digital Media, a Silicon Valley marketing agency, Janet Fouts quit and founded Nearly Mindful, where she serves as a Human Potential Facilitator, working with individuals and teams to reach their full potential through emotional intelligence and Mindfulness coaching, workshops, and retreats.

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